

VITAL SIGNS

VOL III No. 3

Naval Regional Medical Center, Orlando, Florida

1 December 1980

Season's Greetings

from



to all our friends

We're sorry you're leaving!

LT R. M. Marshall, NC, to NRMC, Memphis
 HM2 R. Hamrick to civilian life
 HM3 J. Ruiz to PMT School, Oakland
 HN R. Dyson to 1st MarDiv, Camp Pendleton
 HN M. Lawrence to 1st MarDiv, Camp Pendleton
 HM3 D. Brunk on Separation Leave
 HN B. Pauley on Separation Leave
 HM1 D. Leightey to NavHosp, Guantanamo
 HM1 P. Mowbray to USS NASSAU (LHA-4)
 HM2 C. Martin on Separation Leave
 HM3 G. Day on Separation Leave
 HN K. Owens to USS YARNELL (CG-17)
 HM2 C. Hegdahl to USS MOUNT WHITNEY (LCC-20)
 HM2 D. Ford to NAVAEROSPMEDINST, Pensacola
 HM3 V. Nicholas to civilian life
 HM3 T. Guth on Separation Leave
 HM3 A. Lucero on Separation Leave
 HM3 D. Fisher to civilian life
 HN A. Bonner to NSHS, Portsmouth
 NC1 W. Matlock to VA-87, Cecil Field
 HM2 H. Frank to NRMC, Naples

Need a transfusion . . . of Navy spirit?
Come to Morning Colors in front of Bldg. 3000
U.S. Navy Band plays every Thursday.

Whoooozzit???

DO YOU KNOW THIS STAFF MEMBER? (Answer on Page 8.)

We're glad you're here!

LCDR J. D. Christensen, NC, from NavSubBase, New London, CT
 LT M. Perron, NC, from NavHosp, Guantanamo Bay, Cuba
 ENS T. M. Padoi, NC, from NavRegMedCen, Jacksonville, FL
 HM3 M. Dragich, from Ft Sam Houston, TX
 HN K. E. Fryback from HCS GLAKES
 HN W. T. Klaus from HCS GLAKES
 HN T. A. VanPelt from HCS GLAKES
 HA B. Poe from HCS GLAKES via FMSS, Camp Pendleton, CA
 HA D. Bridges from HCS GLAKES via FMSS, Camp Pendleton, CA
 HA R. K. Hillis from HCS GLAKES
 HA J. P. Howard from NSHS SDIEGO
 HA M. L. Ellen from NSHS SDIEGO via FMSS Camp Pendleton, CA
 HA T. S. Swanson from HCS GLAKES
 HA G. J. Brown from HCS GLAKES
 HA J. R. Graham from HCS GLAKES via FMSS Camp Pendleton, CA
 HR H. Sabater from HCS GLAKES

Noted for excellence - November inspection

CDR A.M. Kondash, NC	HM1 P.F. Mowbray
LCDR C.B. Lane, NC	HM2 S.E. MacDonald
LCDR J.C. Ellis, NC	HM2 H.T. Frank
LT G.E. Noss, NC	HM3 N.A. Neal
ENS M.C. Leorza, MSC	HN C.A. Boozer
HMC L.F. Luyster	HA R.D. South
HMC R.W. Moore	

**Vital Signs Staff**

Editor:
 HMCM(SS) R. C. Clements, USN
 Managing Editor:
 Mary V. Van den Heuvel
 Nursing Service Subeditor:
 LT G. Holeman, NC, USN
 NRMC Annex Subeditor:
 MMCM H. T. Hill, USN

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Commanding Officer: CAPTAIN J. A. ZIMBLE, MC, USN
 Editor: HMCM(SS) R. C. CLEMENTS, USN

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RAMP**PAGE!**

If you were Santa Claus



LCDR S. Lazoritz, MC, Peds:
"I would bring peace to all
mankind, food to the star-
ving people of the world,
and a rapid opening of the
new hospital."



CDR A. Kondash, NC, Nursing
Svc: "I would make it snow
in Florida!"



HM2 C. Glascock, CSSR: "I
would ensure that all the
Holiday travelers have a
safe journey."



HM2 G. Barbelet, BEQ MAA:
"I would give each person
one wish -- and make it come
true."



ENS S. Alford, MSC, Chief,
Operating Mgmt: "I would de-
liver a gift of peace and
goodwill to the world."



Mary Michalac, Librarian:
"I would find parents for
all the orphans the world
over."

LAB LINE

By LCDR J. D. Cotelingam, MC, USNR

Special reference lab testing

Need a 3'5-Cyclic Adenosine Monophosphate level done on a patient? Orders for such esoteric laboratory tests are becoming increasingly common as we grow in the sophistication of our diagnostic tools. Many of these tests are technically very complex, and require instrumentation that we do not have available in our laboratory. In other situations, the volume of such testing is so low that maintaining the necessary reagents and supplies to perform the test is simply not cost effective. Test requests falling in this category are sent to a reference laboratory. We attempt to use other military laboratories as much as possible because of the cost involved with the commercial reference laboratories.

We would like you to meet the man in our laboratory responsible for getting the necessary specimens to the appropriate reference laboratories, and for all the special handling and coordination required to insure that the test results will be valid and meaningful. He is HM2 Donald W. Bement.

**HM2 Don Bement**

Petty Officer Bement is from St. Augustine, Florida, and began his naval career at RTC, Orlando. He attended HCS at San Diego followed by Lab School at Oakland. Prior to coming to Orlando, he served as the only Lab Technician at the Navy Dispensary in Holyloch, Scotland. He received his BA degree from the University of Florida prior to entering the Navy and has just completed his MA degree through Pepperdine University in Los Angeles. He was recently selected for Navy Officer Candidate School and is now awaiting orders. Petty Officer Bement's expertise in handling the special reference laboratory specimens will certainly be missed.

NURSING**SERVICE**

By LT Greg Holeman, NC, USN

Introducing...

the Junior Nurse Corps Officer Advisory Council

(left to right) LTJG Vivian Melidosian, President; LTJG Steven Tudhope, Secretary; and LTJG Mary Porterfield, Vice President.

The Junior Nurse Corps Officer Advisory Council, elected by popular vote, will dedicate their efforts towards:

Bridging the gap between wards and clinics;

Promoting unity among fellow Junior Nurse Corps officers;

Enhancing lines of communication between all Nurse Corps Officers at this command;

Encouraging active junior officer participation in hospital functions.

One of the activities the Council would like to start is a monthly nursing journal session. Are you interested?

Active participation in all the council activities will be rewarding for all the junior Nurse Corps officers -- in the development of comradery, solidarity, and esprit de corps.

The Senior Nurse Corps Advisor for the council is LCDR Bruce Guy. Next meeting of the council is scheduled for 8DEC80.

... From the other side!

By HMC Alex Phillips, USN

Perceptions

Man moves through a world of constant external and internal stimulation. Affected by the objects and events of his surroundings, he interprets them in terms of his experience and modifies his behavior accordingly. This constant interaction with the environment and the associated mental process of interpreting the impact and import of external events characterizes the process known as perception.

The psychology of perception, then, involves the study of the way an observer relates to his environment - the way in which information is gathered and interpreted by the observer.

Perceptual differences always exist between two individuals. In the classical sense, the term stimulus is half of a pair of correlative terms. The other half is response. This means that any object or event which elicits a response can be considered as a stimulus for that response. To function as a certain kind of stimulus then becomes a property of a particular object. An object, therefore, can take on the property of being a stimulus only in relation to a specific response. Neither term can be defined independently of the other. Naturally it is possible to describe an object or an event without relating either to a response. But such a discussion would be confined to the physical properties of the object or event and would not mention a response by a perceiving organism.

Admittedly, stimulus is utilized in a restricted sense but it serves my purpose. How our target population perceives us in the health care delivery system is reflected in the critiques the recruits complete at the end of their training. The comments are generally favorable; however, we can influence their perceptions and stimulate change from generally "to" "always" with several simple principles. The stimuli listed are neither

complex nor ambiguous but are subjectively innocuous. They can affect the emotionally active process of perceiving since each individual daily moves through an array of potential stimuli but only responds to a finite number of these stimuli. The stimuli are called the Ten Commitments.

1. A personal faith in the enterprise.
2. Willingness to revise personal opinions.
3. The seeking and giving of cooperation.
4. A zest for learning.
5. A contagious enthusiasm.
6. The ability to communicate clearly.
7. A continuity in progress - keeping faith with the people you serve.
8. Sensitivity to the feelings and aspirations of others.
9. A discontent of less than the highest standard of excellence.
10. A giving of one's self.

Daily Surgical Schedule 24 December

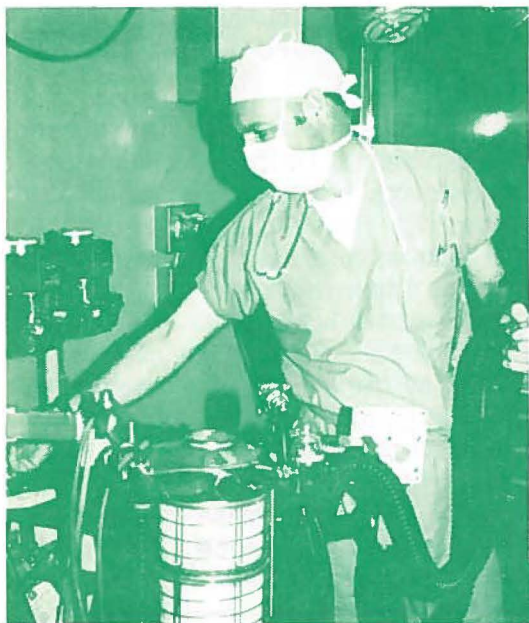
- | | | |
|------|------|--|
| 0800 | Rm 1 | TREE, Christmas
Steinman Pin Fixation left limb
Drs Fir and Spruce |
| 0800 | Rm 2 | SNOWMAN, Frosty
Application of Hypothermia Equip.
Drs Chilly and Goosebump |
| 0800 | Rm 3 | BOY, Shepherd
Suturing Lamb bite
Drs Sheep and Baa Baa |
| 0800 | Rm 4 | ST. NICK, Jolly Old
Debridement of chimney soot,
mustache and beard
Drs Dirt and Smut |
| 1000 | Rm 1 | ANGEL, Fall N.
Repeat cesarian section
Drs Devil and Halo |
| 1000 | Rm 2 | SNOWFLAKE, Susie
Punch Biopsy with frozen section
Drs Icicle and Slush |
| 1030 | Rm 3 | BOY, Little Drummer
Bilateral removal calluses, both
hands Drs Finger and Thumb |
| 1030 | Rm 4 | WISEMAN, Three
Coccygectomies
Drs Butt and Spine |

25 December 1980

- 0001 O.R. CHRISTMAS, Merry
To all hands
From all the Operating Room Techs

They can put you to sle z z z z z z

Anesthesiology Service



LCDR John F. Leonard, MC, USN, Chief of Service. Dr. Leonard and his wife, Beryl, reside in Maitland with their children Kim, Caroline, Mark, and Joanne. Dr. Leonard has been here since July 1978 and hails from Galway, Ireland.

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LCDR Lawrence G. Scheve, NC, USN, Mr. Scheve reported to NRMCO in AUG 1979. Mr. Scheve and his wife, Patricia, make their home in Orlando, with their children, Anne Marie and Michael. Mr. Scheve claims Catawissa, Missouri, as his hometown.



CDR Rudy S. Panganiban, MC, USNR. The Commander and his wife, Estrellita, make their home in Orlando with their children, Rudy Jr., Roland and Robert. CDR Panganiban reported to Orlando in May 1979 and claims Laguna, Philippines, as his hometown.



LCDR Gregory S. Oswald, NC, USN. Mr. Oswald reported to NRMCO in SEP 1979 and resides in Casselberry. Jefferson City, Missouri, is hometown for Mr. Oswald.



HM2 Ronald B. Smith, USN. HM2 Smith reported to NRMC Orlando in OCT 1979 and resides on base. Hometown is Bradenton, Florida.



Master Shipwreck

HMCM(SS) R. C. Clements, USN

What does it mean to be a "Shipmate?"

The definition of a "shipmate" is: A member of the same ship's company that you belong to, one who is an integral part of the team, one with whom you are proud to serve.

A shipmate is a person who is always willing to carry his or her share of the load, quick to lend a helping hand and the person who is always called on in a time of need. A shipmate is someone that you can confide in and rely on for counsel, advice or assistance no matter how difficult or complicated the situation may be that is presented. A true shipmate is honest, trustworthy and serves with a smile. The old saying that "when the going gets tough, the tough get going" is synonymous with the willingness and ease with which shipmates evolve. Although in the truest definition, a shipmate refers to a ship's company or vessel, a shipmate can be found anywhere. A shipmate is a friend, a colleague, a peer, a superior, a subordinate, but always a shipmate.

In our day-to-day performance of our duties and responsibilities, we continuously solicit the help and assistance of our fellow workers and, by doing so, we create a closer and more rewarding satisfaction in the job we accomplish. When called on, let us all try to be a better shipmate in every sense of the word. The pennants displayed on the crossmember of our flag pole at NRMC, Orlando, epitomize the definition of shipmate:

CHARLIE-GOLF-ONE - I standby to assist!

Congratulations to our Reenlistees!

HM1 James R. Jones, Ophthalmology
DT2 Patricia Warden, Dental
HM3 Phillip Black, Clinical
Assistant Program
HM3 Keith A. Poirier, Laboratory



Chaplain's Comments

By CDR W. E. Tumblin, CHC, USN

The Christmas Spirit

By E. C. Baird

I am the Christmas Spirit!

I enter the home of poverty, causing pale-faced children to open their eyes wide in pleased wonder.

I cause the miser's clutched hand to relax, and thus paint a bright spot in his soul.

I cause the aged to renew their youth and to laugh in the old, glad way.

I keep romance alive in the heart of childhood, and brighten sleep with dreams woven of magic.

I cause eager feet to climb dark stairways with filled baskets, leaving behind hearts amazed at the goodness of the world.

I cause the prodigal to pause a moment on his wild, wasteful way, and send to anxious love some little token that releases glad tears -- tears which wash away the hard lines of sorrow.

I enter dark prison cells, reminding scarred manhood of what might have been, and pointing forward to good days yet to come.

I come softly into the still white home of pain, and lips that are too weak to speak just tremble in silent, eloquent gratitude.

In a thousand ways I cause the weary world to look up into the face of God, and for a little moment forget the things that are small and wretched.

I am the Christmas Spirit!

Benediction

By Wilda English

God grant you the light in Christmas, which is faith.

The warmth of Christmas, which is love.

The radiance of Christmas, which is purity.

The righteousness of Christmas, which is justice.

The belief in Christmas, which is truth.

The all of Christmas, which is Christ.



ASK THE SKIPPER



By CAPT J. A. Zimble, MC, USN

A season of joy, a season of hope

In this December issue, I would like to share some of my thoughts regarding the coming holiday season, a season of joy, a season of hope, a time for remembrance, a time for family. Christmas and Hanukkah annually recall our fervent hopes for peace on earth, good will toward man. Our critics, those who criticize the military, challenge such sentiments as hypocritical. They don't understand. We must remind them it is because of Jesus Christ's vision of a world at peace that we espouse support for our Navy; it is because of Judah Macabee's fight for freedom that we can reconcile the apparent paradox of a warrior aspiring for a time when war will be learned no more, of a swordsman praying for plowshares and pruning hooks.

For us at NRMC Orlando, who pursue the healing arts, this season has yet more significance, for we are reminded of our duty to attend our patients with compassion as well as skill. I therefore commend to you, your immediate family, your hospital family and your Navy family, a joyous and fulfilling holiday and a rewarding New Year.

While perusing the December 1, 1980 issue of Navy Times, I came across a Mail Call item, written by a Navy Medical Officer, which is apropos to this column. With his permission, I share that letter with you here.

"Six months ago, as I was attending church services at our base chapel, I was struck by the fact that there was no verse in our Navy Hymn, "Eternal Father," for POWs, MIAs or our hostages in Iran. The following week I composed such a verse and presented it to our chaplain. Within the month, it appeared as an insert in the chapel bulletin and was sung at the end of services. The response from those attending was very favorable.

"The verse is as follows:

Eternal Father, strong of hand,
Protect our souls on foreign lands,
If there as captives they be bound
Let your mercies and love be found.
Until you grant their safe return,
May love of You in their hearts burn."

CDR Michael K. MURPHY, MC, USN
NavReqMedCen, Orlando, Florida



CRA NOTES



By Joyce Sienia

CRA Christmas Open House

When: Friday, 19 December. Where: Ward 17. Time: 1430 - ? Guest: Santa Claus. Who: All Hands. Cost: Free! Be sure to come on down and wish your fellow workers a very Merry Christmas. Also, be sure to tell Santa what you really want For Christmas!

CRA BIRTHDAY GREETINGS TO: Monica Berg on 1 Dec; Joanne Barker and Hervey Lamothe on 3 Dec; Edward Heron on 4 Dec; Ruth Burke on 8 Dec; Margaret Caldwell and Dorothy Johnson on 10 Dec; Ralph Cromer on 12 Dec; Martha Hutto on 13 Dec; Kathryn Owens and Jean Rodarte on 18 Dec; Mary Lou Brown on 19 Dec; Charlie Morgan and Mildred Robidere on 20 Dec; Pauline Wood on 21 Dec; John King, Johnnie Raulerson, and Edward Smith on 22 Dec; Isabelle DeVinny on 24 Dec; Marvin Atchley on 26 Dec; Mary Baley and Celeste Hackenthal on 27 Dec; Lynn Bolstein and Vivian Walton on 28 Dec; and Mary Looney and William Newkirk on 29 Dec.

Whooooizzit?



It's Marian McGlasson, RN, Ward 9. Marian came to the Naval Hospital and started work on Ward 9 in April 1971. She and her husband, Joe, have three children: Cynthia, Doug and Scott. Marian's hometown is Athens, Ohio.